

**ABSTRACT**

A preferred method for manufacturing a transformer winding includes winding an electrical conductor into a first plurality of turns, placing an electrically insulating material having adhesive thereon over the first plurality of turns, and winding the electrical conductor into a second plurality of turns over the electrically insulating material. The preferred method also includes melting and curing the adhesive by energizing the electrical conductor so that a current greater than a rated current of the transformer winding flows through the electrical conductor.